



NCARNG Weekly Safety Newsletter



October 23, 2015

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Halloween Safety Tips

From costumes to candy, Halloween is an exciting holiday for kids and adults. Follow the tips below to ensure a safe and Spooktacular evening of trick or treating.

COSTUMES

Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors. Have kids carry glow sticks or flashlights to help them see and be seen by drivers. Swords, knives, and similar costume accessories should be short, soft, and flexible. Choose face paint and makeup whenever possible instead of masks, which can obstruct vision. Always test makeup in a small area first and remove it before bedtime to prevent possible skin and eye irritation.

JACK-o-LANTERNS

Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting. Consider using a flashlight or glow stick instead of a candle to light your pumpkin. If you do use a candle, a votive candle is safest. Candlelit pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended.



ON the TRICK or TREATING TRAIL

Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups. Cross the street at corners, using traffic signals and crosswalks. Look left, right and left again when crossing and keep looking as you cross. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Always WALK and don't run from house to house. Only go to homes with a porch light on and never enter a home or car for a treat.

THE TREATS



Tell your children not to eat any treats until they return home. Insist that treats be brought home for inspection before anything is eaten, then examine all treats for choking hazards and tampering before allowing kids to eat them. Only let your children eat factory-wrapped treats and avoid homemade treats unless you know the cook well. Try to ration treats for the days following Halloween.

DRIVE EXTRA SLOW HALLOWEEN NIGHT

Slow down and be especially alert in residential neighborhoods. Take extra time to look for kids at intersections, on medians and on curbs. Eliminate any distractions inside your car so you can concentrate on the road and your surroundings. Enter and exit driveways and alleys carefully.

HALLOWEEN HOME SAFETY

To keep homes safe for visiting trick-or-treaters, remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations. Remember to check outdoor lights and replace burned-out bulbs. Restrain pets so they do not inadvertently jump on or bite a trick-or-treater. Never invite strangers into your home.

**For more Halloween safety tips visit www.app.org or www.halloween-safety.com



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THE **BENEFITS** OF AN **EARLY MORNING** WORKOUT

Some people are early birds. It seems like they cannot wait to get their day started early in the morning. These are the people that love early morning workouts; others are night owls. They use the late evening hours to catch up on work, respond to emails, watch their favorite TV shows they recorded earlier in the day, update their social media sites, or do whatever else they were too busy to do earlier in the day. This is the time when most of us are winding down for the evening, getting ready to catch some ZZZs. Not so with night owls; this is when they come alive. Here is a closer look at late night and early morning workouts:

Night Owl Workouts

Night owls like to go to the gym and workout late at night. It is true that working out is very good for your health. However, doing so late at night is not. It will be difficult to get to sleep when your body is all amped up, your mind is fully active, and your body temperature is raised from throwing iron around in the gym for the last hour. By the time you finally relax and are ready to get to sleep you will have shorted yourself a full night's rest. Sound sleep is necessary for muscle recovery and growth. So not only will you be limiting the results of your muscle development, you will most likely experience drowsiness, irritability, and difficulty functioning at 100% the following day. Over an extended period of time, this kind of schedule will cause other health issues as well.



Early Bird Workouts

On the other hand early morning workouts will help you sleep like a baby at night. You will not experience the sluggishness that the Night Owls experience the next day. Also, your body releases endorphins that will help you manage stress and tackle the day head on. This is something that early birds experience regularly. Research shows that 80% of people who workout on a regular basis, having faithfully done so for years, workout in the morning. Another benefit to an early morning workout is that the gym is typically far less crowded. The gym members that are there are not there to just parade themselves around. They show up at o'dark thirty in the morning to actually train. Therefore you should have your pick of whatever equipment you want to use and train right along with them.



Probably the best reason for an early morning workout is that your metabolism gets a jump start early in the morning. Once you get on a regular schedule of working out in the morning, you will find that your appetite becomes regulated for the rest of the day. You'll make better and healthier food choices. Doing cardiovascular exercise or lifting weights will get your body burning fat early and fast. This will be an enormous boost to helping you lose weight also.

For more information visit <http://maxfitnessbend.com/benefits-early-morning-workout/>